

## SYSTEM FOR TESTING MUSCULAR POWER

**Abstract of the Disclosure**

An apparatus and method evaluate the power of a muscle or a muscle group by initializing a resistance element to a first resistance level. An engagement assembly coupled to the resistance element is moved at a highest achievable velocity through an exercise stroke while a representative velocity at which the engagement assembly is moved through the exercise stroke is measured. At the completion of the exercise stroke, the resistance level of the resistance element is increased and the exercise stroke is repeated. The resistance level is increased until the resistance level is sufficient to preclude moving the engagement assembly through a complete exercise stroke. The power for each exercise stroke, the maximum power and the velocity and resistance at which the maximum power is produced are calculated based on the resistance level for each exercise stroke and the representative velocity for each exercise stroke.